

March is National Nutrition Month®.

Plan of the **WEEK** Notes:

1. Nutrition Tip for Week 1:

March is National Nutrition Month®. “Get Your Plate in Shape”

If you don't eat a lot of fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack. Add fruit to plain or flavored yogurt for added nutrients and fiber. Make sure to eat fresh fruits or fruits frozen or canned in their own juice if you are unable to buy fresh. Fruits prepared in sugar and high fructose corn syrups have added calories that add up to unwanted pounds over time.

2. Nutrition Tip for Week 2:

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If you now eat one or two vegetables a day, add a serving at lunch and another at dinner. Treat meat as one part of the whole meal by including two or more vegetarian-style (meatless) meals each week, or to increase vegetables, have make a hamburger patty that is 3 ounces of meat (instead of 4-6 ounces) and add ½ cup serving of finely chopped onions, carrots and/or spinach to the meat mixture. You'll save more than 200 calories.

3. Nutrition Tip for Week 3:

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Gradually increase your use of fat free and low fat dairy products to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol. If you have trouble digesting dairy products, try taking lactase enzyme pills or drops (available at drugstores and groceries) with the dairy foods. Or, buy lactose-free milk or milk with lactase enzyme added to it.

4. Nutrition Tip for Week 4:

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Choose whole grain foods to get added nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals. Instead of using white flour for baking, substitute all or half with whole wheat or oat flour. Making this change adds nutrients and both dietary soluble and insoluble fiber. Some snack ideas include unsalted pretzels and/or nuts mixed with raisins; graham crackers; popcorn with no salt or butter added and whole grain bread with natural peanut butter.

Plan of the **DAY** Notes:

1. March is National Nutrition Month®. “Get Your Plate in Shape”

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES - Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

2. March is National Nutrition Month®. “Get Your Plate in Shape”

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES - Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

3. March is National Nutrition Month®. “Get Your Plate in Shape”

SIZE UP YOUR SERVINGS - Three ounces of meat is about the size of a deck of cards or an audiotape cassette. One ounce of cheese is about the size of 4 stacked dice. One teaspoon of butter or peanut butter is about the size of the tip of your thumb.

4. March is National Nutrition Month®. “Get Your Plate in Shape”

ANTIOXIDANTS are your cell’s protectors. Load up your diet with brightly colored fruits and strong smelling vegetables that are good sources of antioxidants. Americans eat five times more white than green fruits and vegetables. For our health, we need to turn those proportions around. Get ideas on how to fit more fruits & veggies into your diet at:

<http://www.fruitsandveggiesmorematters.org/>

5. March is National Nutrition Month®. “Get Your Plate in Shape”

MAKE AT LEAST HALF YOUR GRAINS WHOLE - Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice.

Check the ingredients list on food packages to find whole-grain foods.

6. March is National Nutrition Month®. “Get Your Plate in Shape”

STUFF AN OMELET WITH VEGETABLES - Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, mushrooms, spinach, tomatoes or onions with low-fat sharp cheddar cheese.

7. March is National Nutrition Month®. “Get Your Plate in Shape”

VARY YOUR PROTEIN CHOICES - Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs.

8. March is National Nutrition Month®. “Get Your Plate in Shape”

VARY YOUR PROTEIN CHOICES - Twice a week, make seafood the protein on your plate. Keep meat and poultry portions small and lean.

9. March is National Nutrition Month®. “Get Your Plate in Shape”

SWITCH TO FAT-FREE OR LOW-FAT MILK - Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

10. March is National Nutrition Month®. “Get Your Plate in Shape”

DRINK UP - Water is an essential nutrient. A 5% loss of body water causes you to become weak; 15 to 20 percent lost is fatal. That means a loss of 7 pounds for a 150 pound person. Water loss, not salt or sodium loss, impairs an athlete's performance. A normally active person should drink 6 – 8 glasses every day. If you are physically active, you need even more water. Coffee, tea and soda do not count, because their caffeine content contributes to dehydration.

11. March is National Nutrition Month®. “Get Your Plate in Shape”

CUT BACK ON SODIUM AND EMPTY CALORIES FROM SOLID FATS AND ADDED

SUGARS - Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often. Choose 100% fruit juice instead of fruit-flavored drinks.

12. March is National Nutrition Month®. “Get Your Plate in Shape”

CUT BACK ON SODIUM AND EMPTY CALORIES FROM SOLID FATS AND ADDED

SUGARS - Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

13. March is National Nutrition Month®. “Get Your Plate in Shape”

CUT BACK ON SODIUM AND EMPTY CALORIES FROM SOLID FATS AND ADDED

SUGARS - Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods. Select lean cuts of meat or poultry and fat-free or low-fat milk, yogurt and cheese. Switch from solid fats to oils when preparing food.

14. March is National Nutrition Month®. “Get Your Plate in Shape”

ENJOY YOUR FOOD BUT EAT LESS – Get your personal daily calorie limit at www.ChooseMyPlate.gov. Keep that number in mind when deciding what to eat. Avoid oversized portions. Use a smaller plate, bowl and glass.

15. March is National Nutrition Month®. “Get Your Plate in Shape”

ENJOY YOUR FOOD BUT EAT LESS - Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains.

14. March is National Nutrition Month®. “Get Your Plate in Shape”

ENJOY YOUR FOOD BUT EAT LESS - Write down what you eat to keep track of how much you eat. If you drink alcoholic beverages, do so sensibly. Limit to 1 drink a day for women or to 2 drinks a day for men.

15. March is National Nutrition Month®. “Get Your Plate in Shape”

BE PHYSICALLY ACTIVE YOUR WAY - Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up and health benefits increase as you spend more time being active.

16. March is National Nutrition Month®. “Get Your Plate in Shape”

BE PHYSICALLY ACTIVE YOUR WAY - **Children and teens:** Get 60 minutes or more a day.

17. March is National Nutrition Month®. “Get Your Plate in Shape”

BE PHYSICALLY ACTIVE YOUR WAY - Adults: Get 2 hours and 30 minutes or more a week of activity that requires moderate effort such as brisk walking.

18. March is National Nutrition Month®. “Get Your Plate in Shape”

MAKE YOUR SALAD A MAIN DISH Choose dark, leafy greens and other colorful vegetables to create a rainbow of colors in your next main dish salad. Add chickpeas, edamame (fresh soybeans) or other prepared dried beans as a source of low-fat protein. Top with a low-fat dressing.

19. March is National Nutrition Month®. “Get Your Plate in Shape”

FIND MORE HEALTHY EATING TIPS AT: www.eatright.org; www.kidseatright.org; www.ChooseMyPlate.gov

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FIND MORE INFORMATION ABOUT NUTRITION AT:

http://www.nmcphc.med.navy.mil/Healthy_Living/